

Junior non-commissioned officer housing at Lajes took a giant leap forward this month with the opening of 26 units of three bedroom homes in Nascero Sol. Page 3.

First Look

Turn clocks back

Daylight Savings Time will end next Sunday. Don't forget to set all clocks one hour back before going to bed Saturday.

Survey

Sponsors with children in school should complete a DODEA customer satisfaction survey at www.dodea.edu. The data collected from the survey will give schools information about their strengths and areas for improvements.

AFE show

The Morning Star Dancers, a Native American group, perform at 6:30 p.m. Nov. 5 at the Lajes Youth Center.

Stress class

A stress management workshop is from 1-2 p.m. Nov. 5 at the family support center. For more information, call 2-3889.

Health council

The 65th Medical Group's next Healthcare Consumer Advisory Council is at 1 p.m. Nov. 5 at the base chapel. For more information, call Capt. Angela Thompson at 2-6768.

Preflight

■ Days since last DUI . 5
 ■ DUIs since Jan. 1 . two
 ■ Current AEF 1 & 2
 ■ Current FPCON ... Alpha
 ■ Combat Nighthawk: 1st Lt. Scott Denny, 65th Operations Support Squadron; 2nd Lt. Robert Faith, 65th Communications Squadron; Master Sgt. Gabriel Garza, 65th Civil Engineer Squadron; Master Sgt. Tundra Gatewood, 65th Medical Support Squadron

Choose a cause



Capt. Carol West (center), Combined Federal Campaign project officer, explains the different CFC charities to Col. Dan Leonard, 65th Air Base Wing vice commander, and Col. Barbara Jacobi, 65th ABW commander, Tuesday. The 2004 - 2005 Combined Federal Campaign runs through Dec. 3. CFC offers the opportunity for federal employees to donate to different charities including national, international and local organizations. For more information, contact unit CFC project officer or visit www.opm.gov/cfc. (Photo by Staff Sgt. Olenda Kleffner)

Combat Wingman:

A personal commitment to take care of our own

Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) - In the Air Force, we take care of and rely on each other every day. Just as a flight lead and a wingman depend on one another to ensure mission success, as Air Force family members, we also have the responsibility of looking out for each other's well-being — it's wingman consideration.

This wingman consideration concept is the basis for U.S. Air Forces in Europe's newest Combat Program initiative. "Combat Wingman" capitalizes on a proud tradition that applies to our entire Air Force family. Regardless of rank, duty title or position, we all own the responsibility of looking out for and supporting one another.

The Combat Wingman concept is nothing new. We often look to others such as spiritual advisors, spouses, life skills professionals and dorm managers for help. Combat Wingman is designed to take this a step further and

broaden our radar scope.

The foundation of this program is built on commitment at a personal level. Combat Wingman is a sacred contract that promotes a genuine concern for our Airmen — and I mean our military and civilian Airmen — and their families through mutual, self-directed relationships with each other.

Don't mistake this for a mentoring program and don't think it's only targeting one specific area or problem. Combat Wingman is a program that emphasizes wellness across the board while focusing on our most important asset — you.

Combat Wingman is not something that can be left at the door at the end of the day. As guardians of each other's well being, we are devoted to encouraging camaraderie and unit pride, looking out for one another and preventing destructive behavior.

I would ask that you make it your personal commitment to proudly carry on the timeless tradition of being a good wingman. It's time to check in!

Combat Flightline



(Above) An F-16 from Luke Air Force Base arrived here Oct. 21 enroute to Israel for a program designed to sell old american aircraft to the Israeli Air Force. (Left) Maj. Rob Phillips, Luke AFB, 309th Flying Squadron prepares to exit his F-16 after landing here. Oct. 21. Major Phillips was accompanied by four other fighters participating in a program. (Photo by Airman 1st Class Josie Kemp)

Focus notes

Project CHEER

Project CHEER's first seasonal event is a teams pool tournament at noon Nov. 6 at the Top of the Rock club. A singles tournament follows, time permitting. Cost is \$4 per person and first and second-place teams get trophies. For more information, call Staff Sgt. Russel Gee at 2-4291 or e-mail russel.gee@lajes.af.mil.

Paintball Annihilation: Capture the Hill is Nov. 13. Two teams compete for "King of the Hill." Cost is \$16 with gun and mask rental or \$11 for people with their own equipment. To sign up, call Airman 1st Class Jeffrey Rybold at 2-7000 or e-mail him at jeffrey.rybold@lajes.af.mil.

Heart of CHEER! Families who want to open their home on Thanksgiving to a single or unaccompanied member or SUM who want to share Thanksgiving with a Team Lajes family should contact their first sergeant or squadron Project CHEER representative.

Combat Touch events

A Protestant weekly liturgical celebration of Holy Communion runs weekly from 8:30-8:45 a.m. in the chapel sanctuary beginning Sunday. This is in addition to the first Sunday of every month. For more information call the chapel at 2-4211.

This year's Christmas Cantata, "Christmas Tapestry," is at 7 p.m. Dec. 12. Practice is at 7 p.m. Mondays at the chapel sanctuary. For more information call 2-4211.

Combat Education

The next Combat Education meeting is at 1:30 p.m. Wednesday in the T-100 wing conference room.

The Community College of the Air Force graduation ceremony is at 2 p.m. Thursday in the Top of the Rock club ballroom.

People working towards their Community College of the Air Force degree can log onto <https://afvec.langley.af.mil> to check completion status.

Combat Care

P.O.P.S: Parents Offering Parents Support is a play group for stay-at-home parents of active duty and civilian personnel. They meet 10-11 a.m. Thursdays. The group participates in activities, play time and reading time. For more information, call Pam Darling at 295-549-751.



Combat Proud

Chief Master Sergeant Cathi Durick, 65th Air Base Wing command chief master sergeant, and Col. Barbara Jacobi, 65th Air Base Wing commander, inspects each squadron's quarterly award winner's room during dorm inspections Oct. 22. The winning room belonged to Airman 1st Class Samy Fineman, Det. 6 American Forces Network. (Photo by Capt. Yvonne Levardi)

New homes for JNCOs

by Staff Sgt.
Olenda Kleffner
Crossroads editor

Junior non-commissioned officer housing at Lajes took another giant leap forward this month with the opening of 26, three-bedroom homes in Nascero Sol.

This is part of an on-going quality-of-life project started in FY02 to build new military family housing units at Lajes.

Twelve more JNCO units should be ready for occupancy in January as the construction continues.

The first phase of new Nascero Sol JNCO homes, 24 units, was completed during the summer of 2003 along with eight field grade officer units.

These units complimented 44 new company grade officer units that were completed in early 2003.

The newest units have a laun-

dry room, private entrance, clay tile flooring, carpet upstairs, back patios, modern kitchens and a garage with a locked storage area.

The final phase of Nascero Sol construction should begin in February.

In order to accomplish this construction project, 26 field grade officer units in Lower T will be demolished so new FGO units can be built in the same area, said Joaquim Ferreira, supervisory housing management specialist at the 65th Civil Engineer Squadron.

According to 1st Lt. Andy Hoisington, 65th Civil Engineer Squadron project engineer, the next step in Lajes' on-going housing improvement program is to gain funding for further upgrades to Beira Mar Housing.

Planning and design for these upgrades is underway with expected construction funding later this decade.

Fire tour



Valdemar Toste, 65th Civil Engineer Squadron fire department, talks to children from the village of Serreta during a field trip Oct. 21. (Photo by Airman 1st Class Josie Kemp)

Meeting quells birth fears

by Capt. Yvonne Levardi
Chief, public affairs

Service at Angra hospital was the main topic of discussion at the Obstetrics Town Hall meeting Oct. 21 in the base chapel fellowship hall.

About 10 expectant mothers attended the meeting to get information about OB services at Angra and their other options for having their children.

"It seemed to me the majority of the questions centered around Angra and their routines," said Maj. Jill O'Rear, 65th Medical Operations Squadron women's health nurse practitioner. "We need to provide better education about the Portuguese health care system which is socialized medicine, and not what we're used



Jennifer Cottrill, mother of Kaitlynn, shares her Angra hospital birthing experience during the OB town hall meeting Oct. 21. (Photo by Capt. Yvonne Levardi)

to. People need to realize that different is not inferior."

Major O'Rear said officials are working on a bet-

ter information packet about Angra hospital in the hopes to better educate Team Lajes people who may

choose to have children while stationed here.

"If the standard of care wasn't good, we wouldn't refer people there," she said. "They give good, safe care and family separation is negligible."

Other issues that came up were childbirth education, information about signs of labor and postpartum care, Major O'Rear said.

"I will be working to build a web page that addresses OB care options for Lajes, both for ladies that are stationed here as well as for people who are considering a move to Lajes," she said. "We need to make sure people understand how the system works, know their options and are reassured they'll get the care they need."

New law sinks 'check floating' practice

by **Capt. Charles Warren**
12th Flying Training Wing Legal

The practice of "floating" a check until payday became a thing of the past Thursday when the new federal Check Clearing for the 21st Century Act, also known as Check 21, went into effect.

"Check floating" occurs when people write checks a few days before payday, figuring that by the time their checks hit the bank, there will be money in the accounts to cover them.

With Check 21, money will be withdrawn immediately from a person's account when he or she writes a check.

The new federal law is designed to help banks efficiently process more checks electronically. This means that debits to a person's checking account will occur in minutes, not days.

Paper checks as record-keeping devices will also become a thing of the

past. Instead, banks will replace canceled checks with substitute checks — paper copies of electronic images of a person's original check. Consumers must have a substitute check to exercise all of their rights under Check 21 for the recrediting of their account in the event of a transactional error.

The potential effect on consumers is simple. Unwary consumers will be more likely to bounce checks because of the enhanced speed and efficiency of check processing.

Consumers probably will not be able to access funds from checks deposited in their accounts any sooner because the new law does not shorten check hold times for banks. This means people may not be able to withdraw money from their accounts the same day a deposit is made.

Here are a few tips to help people adjust their banking habits in response

to Check 21:

— Check your balance. Ensure you have sufficient funds in the checking account to cover any purchases made by check.

— Request substitute checks. Although banks are not required by law to issue them, be persistent in requesting that substitute checks accompany bank statements.

— Ask for a re-credit in writing. If a loss is related to a substitute check received, notify the bank in writing within 40 days of the bank statement and request a re-credit to the account. Do not forget to include the substitute check.

For more information about Check 21, visit the Consumers Union or the Federal Reserve Web sites. You can also contact a legal assistance attorney at the base legal office. (Courtesy of Air Education and Training Command News Service)

Costume dance



Youth dance at the Halloween party at the Youth Center Oct. 22. Other Halloween events include: haunted house, 7-10 p.m., tonight and Saturday, at Bldg. T-605; Jack O' Lantern carving contest for children 7-13 and 14-17 years old, 10 a.m.-1 p.m. Saturday at the commissary; All Saints' Eve Celebration, 6-8 p.m. Saturday at the base chapel. Halloween costume contest, 6-7 p.m. Saturday in Bldg. T-605. All base housing areas are open from 6-8 p.m. Sunday for Trick or Treating. Children are encouraged to wear costumes. Parents should accompany young children for safety. (Photo by Staff Sgt. Michelle Michaud)



Lajes Elementary students watch "Kids on the Block" puppet show Oct. 22. The show travels from RAF Lakenheath United Kingdom to other DoDDS schools. They do shows about children who have disabilities such as Cystic Fibrosis and learning disabilities. (Photo by Monica Chandler-Potts)



COMMENTARY

You're as good as the choices you make

**Chief Master Sgt.
Cathi Durick
65th Air Base Wing
command chief master
sergeant**

To achieve a level of "Wow" performance requires you to be more than just the average Airman. You must go beyond others' expectations. Henry Ward Beecher believed, to achieve success, you need to hold yourself responsible for a higher standard than anybody else expects of you.

No Airman will ever attain ultimate success by simply doing what is required of him or her. It's the amount and excellence of what you do over and above the required, that determines greatness.

Raise the bar on your own

expectations by beginning with a vision of what could be, and persevere in attaining that vision with the end result being what you want. Pay close attention to details and challenge others to do the same. Your own personal high standards and self-discipline will make it possible for those Airmen carrying on after you to create their own "Wow" experience.

Quality performance is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution of whatever task you're involved with. Simply stated, you will only be as good as the choices you make. Talent, circumstances, luck, environ-

ment and personality are immaterial. What matters is how well you use what you have.

Personal and professional excellence requires 100 percent all of the time. A passionate commitment 95 - 98 percent of the time reduces the "Wow" factor to "highly acceptable" or even "mediocre." If you want others to notice your efforts, make plans to do it better than you (or they) ever thought possible. No matter what you do, do it to your utmost; whether it's connecting a LAN, changing a tire, cleaning the latrine, or even pulling weeds.

True success comes from knowing that you did your best to become the best that you're capable

of. Knowing that, it's impossible to be satisfied with anything less than excellence. Successful Airmen go beyond what others consider acceptable. They do more than others expect, set standards that stretch them beyond their last performance, pay attention to the smallest details, and are willing to go the extra mile that pushes them outside the box of mediocrity.

Being your best never happens by accident.

You have to make it happen and that begins with an attitude that accepts personal responsibility for the methods and results you experience. So I ask you, do you settle for less than "Wow?"

What freedom means to me

Editor's note: Mrs. Peralta is the second place winner in the 2004 Air Force Club Membership Scholarship Program essay contest. She will receive \$5,500 to help further her educational goals. Mrs. Peralta submitted one of 154 500-word essays on "What freedom means to me" and will use her prize to complete her master's degree in human relations at the University of Oklahoma.

by Victoria Peralta

Sixteen years ago, I walked out of the American Embassy in Manila with a U.S. entrance visa. As I left the embassy shouting with joy, I looked at a seemingly endless line of fellow Filipinos and wondered how many of them would be joining me in "freedom."

You see, while growing up, my concept of freedom was America. My own country—the Philippines—struggles with widespread poverty, a lack of social programs, and corruption in law, government and business. Though a democracy, the Philippines offers little hope for the masses that hope to better their lives.

America, on the other hand, seemed to me a place of endless opportunity; a

place where people's rights and privileges are respected and lifestyle choices honored. Simply put, America is the epitome of a free society. Each individual can walk the path of his or her desire without fear of government repression. Upon my arrival in the United States, this country proved my perceptions true.

First, America gave me a sense of individual emancipation. In my native land, children – regardless of age or even marital status – are generally subject to their parents' authority. After immigrating, however, I obtained a greater sense of adulthood with personal control of my life's direction. America offered me the chance to achieve anything for which I was willing to work without the hindrances of cultural and peer-oriented influences.

Secondly, freedom has come to mean the opportunity to defend this great nation as a partner with the American government. No mandatory service, no draft...just my husband and I choosing to share an Air Force career. We've traveled overseas, enjoyed solid pay and benefits, and have substantial say in the development of our long-term military lifestyle. That's true freedom at work in service to our country.

Thirdly, America's brand of freedom has enabled me to fulfill personal dreams. I'm tackling a master's degree in human relations; and I've been able to work, be a mother and volunteer at the same time. In this country, I can be Superwoman; something I would never have imagined in my homeland. There is no limit to what I can accomplish in a country that challenges me to excel and reach for the stars...that's freedom.

Finally, my sense of freedom has taught me to protect personal rights through participation in the government. For example, free and unbridled citizen participation ensures people can practice their faiths without persecution. Voting is vital to this freedom. I can honestly say that voting for the U.S. president for the first time was an event I hold dear to my heart.

Unfortunately, many nations are void of popularly elected governments. In these countries, tyrants, dictators and/or the corrupt hold power and suppress real freedom. In my case, thankfully, I've come to know freedom in its fullness. I'm fulfilling my dreams, and I'm excited about the unlimited opportunities ahead. Freedom has multiple meanings to me. But one word sums up all of my impressions – America!

How good Airmen go bad

by **Chief Master Sgt. Joe Lavigne**
2nd Bomb Wing command chief
master sergeant

BARKSDALE AIR FORCE BASE, La. (AFPN) — Every time I review a discharge package for a young Airman who went down the wrong path I ask myself how we failed. That's right, how did we fail? You may think I'm a bit crazy, because after all, it was the Airman who disregarded the standards, not us. It was the Airman who showed up late for work, not us. It was the Airman who chose to blow off the mandatory appointments, not us.

So how did the Airman ever get to the point of being discharged? After all, the Airman made it through basic training. Believe me, basic isn't the piece of cake it was when we went through it.

The Military Training Instructors are tough. Just ask one of the first sergeants who accompanied me to Warrior Week a few months back. The regimen is strict. The trainees (they don't earn the privilege of being called Airmen until they graduate from Warrior Week) are up at 4:30 a.m., take part in physical training six days a week and work hard right up until the lights go out at night.

After earning their Airman's Coin during a very emotional Warrior Week graduation ceremony, the Airmen finish up week six in basic and head off to technical school. Granted, the reigns are loosened up a bit when they leave Lackland Air Force Base in San Antonio, but they are still held to a high standard and they have to be pretty sharp to pass the academic portion of their respective tech school.

Finally, the Airmen arrive at their first duty assignment. Maybe they are lucky enough to have a sponsor appointed before they arrive. Maybe their sponsor actually meets them (in uniform) at the airport, and maybe their sponsor takes the time to sit them down and go over the standards and expectations before turning them loose. Maybe not.

Here's how the scenario usually plays out. The sponsor shows up at the airport in shorts and a T-shirt. It's easy to spot "their troop" because our Airman shows up proudly wearing a service dress uniform. The sponsor walks over to Airman Newbie and introduces himself. "Bob (that's Airman Newbie's first name), I'm Dave (what the sponsor meant to say was Staff Sergeant Jones). Welcome to your new home!"

After the gathering of Airman Newbie's luggage comes the long ride to base during which Dave explains to Bob how terrible things are. After all, there are countless exercises and inspections, deployments, long hours due to many folks being deployed and not a whole lot for this 18-year-old to do off duty.

Then, Dave drops Bob off at the dormitory where the first person he runs into is Airman Dirtbag, who is being discharged for minor disciplinary actions. Naturally, Airman Dirtbag is the resident barracks lawyer and personnelist, and he proceeds to give Airman Newbie the "real story" about the base.

The next day, Airman Newbie finds his way to his work center where his sponsor, Staff Sergeant Jones, is proudly wearing his new designer sunglasses with the fluorescent orange logo emblazoned on the frame.

"Dave" introduces "Bob" to everyone in the work center, and after some in-processing actions they all head off base in their BDUs for lunch at a nice sit-down restaurant. Airman Newbie seems confused, because there are a lot of civilians in business attire, and he remembers being told that BDUs should only be worn off base for short convenience stops or to fast food restaurants and establishments where similar attire is worn. No worries, because according to his sponsor, this is the "real Air Force" and Airman Newbie needs to forget all that stuff he was taught up until this point in his short, yet structured, career.

If this seems far-fetched to you, wake

up! It happens every day, and that is where we fail our young Airmen. So, how do we fix this problem?

First, start our troops off on the right foot. Be a great sponsor to them; help them get settled into their new surroundings; turn challenges into opportunities. In other words, meet them at the airport in uniform; let them know they are part of the best and busiest organization in the world. Tell them that although they will be extremely busy, they will be contributing to an organization that has been rated Excellent and Outstanding, and that we need them to give 100 percent effort if we hope to maintain those ratings.

Next, adopt the motto used at many technical training centers: "Train 'em right, train to fight." In other words, set your troops up for success, not failure. Ensure they understand their role in the upgrade training process; make sure they know who to contact if they are having trouble understanding; surround them with successful Airmen. Follow up on their progress.

Third, lead by example. Ensure you are in compliance with dress and appearance standards; run a brush over your boots; replace the "world tour" T-shirt you wear with your BDUs with an authorized one; comply with the spirit and intent of Air Force instructions. Make sure you are living up to the roles and responsibilities for your current grade as they are outlined in Air Force Instruction 36-2618, the Enlisted Force Structure.

Finally, help them understand they are Airmen 24 hours a day, seven days a week, 365 days a year. That means 100 percent compliance with standards 100 percent of the time, not just when they are at their work center.

If, after all this, one of your Airmen still doesn't get it, then help him or her out the gate and back into civilian life. You can do so with your head held high, knowing you were the solution to his or her problems, not a part of the problems.



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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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Unique sculptor recognized by commander

by **Nadia Najdawi**
Contributing writer

Local Commissary worker Mario Avila received a commander's coin from Colonel Barbara Jacobi, 65th Air Base Wing commander, Monday, for his creativity in the commissary.

Sr. Avila has been working for the Defense Commissary Agency for six years, and is responsible for creating various sculptures in the store including a witch, a Cheerios honey bee and currently on display, an Italian baker.

Those sculptures were made from

Styrofoam and each project took a different amount of time, but were all made in his workshop in Angra.

"The process of making a Styrofoam sculpture is quite easy," Sr. Avila said. "First I carve the shape of the object out of the Styrofoam and then work on the details. Some times more pieces of Styrofoam need to be added, and then it gets painted."

Some of his other hobbies include making furniture, painting and making gifts to give, during the holidays to family and friends.

He is also involved in many forms

of crafts including his favorite, wood work, and he has recently started working with iron. Sr. Avila has made decorations and floats for the Angra Fest parade for almost 20 years.

In addition to the decorations and time dedicated to the Commissary's renovations, Sr. Avila is also busy working as the Commissary's accountant.

Between wood working, painting, sculpting, accounting and enjoying the island Mario is kept busy, but Monday found the time to be presented with a coin rewarding all his hard work and much appreciated efforts.

"Mario does a great job," said Col. Jacobi. "I just wanted to say 'thank you' to him for all of his hard work."



Mario Avila



Mario Avila, Defense Commissary Agency, created the foam witch and Italian baker for displays at the commissary along with other various sculptures in the commissary. (Photos by Capt. Yvonne Levardi)

Portuguese flag and national anthem history

Question: What is the meaning of the symbols and color of the Portuguese flag and what are the lyrics of the Portuguese national anthem?

Answer: The current Portuguese flag was instituted in June of 1911 and replaced the monarchy flag following the foundation of the Portuguese Republic.

The flag is divided in two main colors: green and red.

The center of the flag has the national coat of arms with different symbols. The five blue shields right in the middle of the flag represent the five Moorish kings who were defeated by Dom Afonso Henriques (the first Portuguese king and father of the Portuguese kingdom) in the Ourique battle in 1139. The dots inside each of the blue shields represent the five wounds of Christ.

The seven golden castles on the red border of the big shield represent the fortified locations or castles conquered by Dom Afonso Henriques to the Moors during his rein.

The yellow armillary sphere — a navigational instrument and symbol of the Portuguese discoveries in the 15th and 16th centuries — was the personal symbol of King Manuel I and was added to the national flag in 1815.

The green and red colors, which replaced the white and blue in the monarchy flag, stand respectively for hope and the courage and blood shed by the Portuguese who fell in combat.

The following is the English translation of the Portuguese National Anthem's lyrics, also known as "A Portuguesa." It was first played in 1890 and approved as the national anthem in 1911.

*Heroes of the sea, noble people
Valiant and immortal nation,
Arise today once more
The splendor of Portugal.
From out the mists of memory,
Oh homeland, feel the voices
Of your great forefathers
That shall lead you on to victory!*

*Chorus
To arms, to arms
On land and sea!
To arms, to arms
To fight for our Homeland!
Against the guns we march,
we march!*



Tips and deadlines for holiday mail

by Staff Sgt. Olenda Kleffner
Crossroads editor

With the holiday season fast approaching, Lajes members are encouraged to use the following tips to ensure their packages arrive to their final destination on time.

During the next two months, the United States Postal Service is expecting approximately 20 billion pieces of mail and packages to be delivered.

"Here alone we expect our mailing distribution to increase by about 300 percent," Tech. Sgt. Stacy Servillon, 65th Communications Squadron postmaster, said. "Last year, during the holidays, we averaged about 12,500 kilos."

With all the chaos that goes along with the holidays, mailing packages is one that could be marked off the list early.

"While there are recommended dates for people to get their packages out, it's never too early to start mailing them," Sergeant Servillon said.

Before mailing the packages, here are some tips for packing and preparing.

To help the package get to its final destination safely, he recommends packing the box as tight as possible.

"Don't leave any empty space in them, this allows room for the box to get crushed," he said. "Use plenty of

Mailing deadlines

Priority/First Class mail to an APO/FPO should be mailed no later than Dec. 4 if mailing to a 093xx ZIP Code. All other APO/FPO destinations should be mailed out by Dec. 11
Space Available Mail is Nov. 20
Priority Mail, over 13 oz., Dec. 11
First Class, up to 13 oz., Dec. 11

packing material and strong, sturdy cardboard boxes."

He also said if you're mailing a bouncing tigger or a ticking alarm clock, save the people at customs some stress and mail all batteries separately in the box.

Besides yourself, things that are not allowed to be mailed include alcohol, Cuban cigars, money, live animals and certain plants.

For a complete list of items that can't be mailed, see Pub 52 at the post office.

Now that the package is ready to be sealed, here are some tips to help it be delivered.

When taping the package up, Sergeant Servillon said, "Masking tape can't be used to seal the box; use packing and strapping tape."

And to ensure the package makes it to its final destination, it should always have a complete forward and return address.

All packages must be addressed with:

Name
Street address
City, state and zip code

All APO/FPO addresses must have:

Name
Unit/office symbol
PSC/CMR, box number
APO/FPO, AE/AP and zip code

All packages also need a customs form. Postal Service Form 2976, green form, is for CONUS bound packages, and PS Form 2976-A, white form, is for packages to APO/FPO or foreign countries.

The forms require that each item in the package be itemized.

"If the address isn't correct, the package could be sent back to you," Sergeant Servillon said. "In these cases, you must correct the address and repay the postage to send it out again. By then you might have already missed the suggested holiday mailing date."

To save time, customer's can print out their own prepaid postage labels at https://sss-web.usps.com/ds/jsps/ds_landing.jsp.

Youth sports play a big role

by Staff Sgt.
Olenda Kleffner
Crossroads editor

Being on a small island in the middle of the Atlantic Ocean sometimes prevents the youth here from having a variety of activities to do like there is in the states, so one of the most popular things here is the youth sports program.

"Sports have such a large impact on the children here, but unfortunately 70 percent of them drop out of the program before the age of 13," said Jolene Wilkinson, sports coordinator. "I believe a lot of this has to do with the fact that they are no longer having fun. As coaches and parents, we can do much to help the players stay interested."

The Lajes Youth Center Sports Program is part of the National Alliance for Youth Sports. Their mission is to improve out-of-school sports for the more than 30-million players who participate every year, but it's more than just kicking a ball.

When it comes to youth sports, there is simply too much at stake when a child's emotional and physical well-being is involved to not ensure it's a positive experience, according to the NAYS Web site. Adults, regardless if they're a coach, parent or official, need to gain a clear understanding of their roles and responsibilities.

The alliance believes that participation in youth sports develops important character traits and life-long values in children, and their lives can be positively impacted if the adults caring for them have proper training and information.

In order for children to reap the benefits of sports participation, they must be provided with a positive introduction to youth sports; coaches and game officials must be well trained in their roles and responsibilities; and parents must complete an orientation program to understand the important impact sports has on their child's development, according to the alliance.

"The main objective for coaches is to teach the basic skills for the sport while allowing the kids to have fun in the process," Mrs. Wilkinson said. "Coaches have a big responsibility, but they're all certified through the National Youth Sports Coaches Association and have learned how to be positive role-models for these players."

Mrs. Wilkinson said coaches are responsible for creating a positive

experience for players. This means teaching the players that winning is about doing their best and not giving up.

"At practices I have different events set up, and my goal is to make sure the players know all the positions on the field and how they work together," said Rafael Pena-Perez, a baseball and soccer coach for the youth sports program. "But it's also important that each player has a position that they can excel in and see their own potential and know they can achieve success."

Mrs. Wilkinson said practice time is golden for having the opportunity to not only teach the game and positions but to also teach good ethics, positive reinforcement and making it fun for all.

"Each child is different in every sport. Some are good at all, some are good at one or two and some are not good at any, but if the worse player on the team is at practice trying their best, they should play just as often as the best player," said Mr. Pena-Perez. "It's a team and every player should know they are just as valuable as the others."

Parents also play a big role in the success of each player's experience.

"All of the parents have a code of ethics which they must sign before their child can play," she said. "This is important because it helps the parents understand how significant their role is in the development of their child not only as an athlete, but as a person."

"It's important that parents and coaches place the emotional and physical well-being of the players ahead of a personal desire to win," said Mrs. Wilkinson. "Children need praise, patience and approval, not fear of failure or making mistakes. They will lose interest if they are discouraged or pressured."

She said the game is for the children, not for the adults. They're the ones who need to have fun. For the players, it's about playing, interacting with friends and learning the game, according to Mrs. Wilkinson.

"They're children only once, let it be about them and let them enjoy the sport while they can," Mr. Pena-Perez said. "Let them learn the basics of the game and the different positions, but reward their hard work at practice and let them help decide where they should play. After all, they are the players."

For more information about the National Youth Sports Coaches Association, visit <http://www.nays.org/index.cfm>

Sports briefs

Events take place at the Chace Fitness Center unless otherwise noted.

Family fun bowl

Family night is 6-10 p.m. Wednesdays at the Hillside Lanes bowling center. Families take their receipt from the Top of the Rock family buffet night and bowl for \$7.50 an hour per lane. Shoes are included.

Fun run

The next 5K fun run is Monday. Meet at 7:30 a.m. and run begins at 7:45. A "Turkey Trot" fun run is at 7:45 a.m. Nov. 19.

Running clinic

A running clinic is noon-1 p.m. Thursday at the fitness center. Topics include benefits of running, preventing injury, shoes, stretching and where to start/how to progress. Sign up by Monday. For more information, call 2-3889.

Youth sports

The Lajes Youth Center is accepting applications for youth football and cheerleading for boys and girls ages 5-18. Cost is \$25 for members, \$35 for non-members. Season is Nov.-Dec. Volunteer coaches and officials are needed. For more information, call Jolene Wilkinson at 2-1197.

Shooting hoops

A 3-point shootout competition is at 6 p.m. Nov. 12 for ages 18 years and up. It is a three-round tournament, single elimination.

Basketball tourney

A 3-on-3 basketball tournament for ages 18 and up is at 7 p.m. Dec. 3. Teams consist of four players; it's a double-elimination tournament. Register by Nov. 29.

Volleyball

A 3-on-3 volleyball tournament for ages 18 and up is Dec. 17. Teams consist of four players and it's a double-elimination tournament. Register by Dec. 13.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Jan. 15. There are two lifts at each weight and weight classes for men and women. Register by Jan. 7.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Teams consist of three people, with one member female. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.

LHS Cross Country:

Covering ground and achieving goals

by **Nadia Najdawi**
Contributing writer

After speeding through Praia, running on the beach, participating in base fun runs, struggling through 3.2 miles uphill, and enduring weekly sprints, the Lajes High school Cross Country team is ready to take on any competition.

After two months of vigorous training, 10 runners went to Heidelberg, Germany Thursday to compete in the Division III and IV championship. Lajes is a division IV school this year and joins DoDD schools from Rota, Spain; RAF Alconbury and Menwith Hill, United Kingdom; Keflavik Air Base, Iceland; and Brussels at the tournament. Each school is allowed to have five girls and five boys participate. The teams compete in a 5K run Saturday and return home on Sunday.

The two team captains this year are Sarah Ashby and Zach

Szczepaniak who are both returning from last season.

"Everyone worked really hard, and improved a lot this season" said Zach.

Leading the Falcons to success this year is Coach Michael Brust, a teacher at the High School.

"I'm really looking forward to competing and having a team represent Lajes in Germany," he said.

There are many new runners on the team this year including freshman Logan Silver.

"Coach Brust is great, he makes sure we're having fun," Logan said. "He's always excited for practices and keeps us motivated, so the whole team is really excited for this trip."

Coach Brust encourages the athletes in their training by allowing them to earn "Falcon Feet" to reward their efforts. The feet are earned when runners participate in weekend runs, or optional practices to earn points. For each point

they earn, they're given a foot which they can place next to their picture in the hall way, moving them closer to the finish line.

"The Falcon Feet race has been fun, and is really encouraging, and motivating," said second-year runner Justin Warner. "That's helped us prepare for the tournament."

After such a strenuous and intense season the Falcons said they deserve a reward, and the title of Division IV Champions is the one they are striving for.

"We're looking forward to the tournament," said runner Tabitha Silver.

"Hopefully our hard work and dedication will pay off, and we'll find some time to enjoy ourselves"



Wallyball

Jonathan Koller and Josh Webster, 65th Logistics Readiness Squadron, jump to block a hit from Oscar Rojas, 65th Civil Engineer Squadron, during a game of Wallyball Oct. 22. (Photo by Airman 1st Class Josie Kemp)

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri. and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Meal time

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Dining hall: Breakfast 6-9 a.m., lunch 11 a.m.-1:30 p.m., din-

ner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun., midnight meal 11 p.m.-1 a.m., Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Hoof & Fin dinner special.

Chapel services

Adoration and rosary: 3 p.m. Mon.-Fri.; 5:40 p.m. Sun.

Mass: 5 p.m. Sun.-Fri.

Meditation and prayer: 6:30 a.m. Mon.-Fri.

Monday

Protestant women's spiritual fitness training, 7 p.m.

Tuesday

Catholic Women of the Chapel, 7 p.m. 3rd Tuesday

Wednesday

Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, noon; Catholic Men of the Chapel, 6 p.m. 2nd Wednesday; Traditional choir practice 6 p.m.; Bell choir practice 7 p.m.; Catholic choir rehearsal 7:15 p.m.

Thursday

Gospel Choir Practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday

CWOC Mass, 5:30 p.m. 1st Fri.; Teen Movie Night, 7 p.m.

Saturday

Mass, 10 a.m.

Sunday

Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Gospel service & fellowship, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth/Teens of the Chapel, 6:15 p.m.



Today: 7 p.m., "Vanity Fair," rated PG-13 for some sensuality, nudity and a violent image. Cast includes Reese Witherspoon and James Purefoy. Orphaned at a young age, Becky yearns for a more glamorous life than her birthright promises and resolves to conquer English society by any means possible. She deploys all of her wit, guile and sexuality as she makes her way into high society during the 19th century. **10 p.m., "The Cookout,"** rated PG-13 for drug content, sexual references and language. Cast includes Storm P and Eve. Todd's newfound wealth means his relationships with people in his life are bound to change. This becomes evident when he holds the family cookout in his new neighborhood, starting a culture clash between new and old friends, and between those who like him for him, and those who like him for his money.

Saturday: 2 p.m., "Superbabies: Baby Geniuses," rated PG for action violence and some rude humor. Cast includes Jon Voigt and Scott Baio. The baby geniuses are in a race against time to stop the villainous media mogul Bill Biscane from using his satellite system to control the minds of the world's population. **7 p.m., "Anaconda 2,"** rated PG-13 for action violence, scary images and some language. Cast includes Johnny Messner and Morris Chestnut. A scientific expedition is sent to the jungle of Borneo to search for a rare black orchid in the hopes it can be used to unlock the secrets of youth and immortality. They find the orchid is already being used by a swarm of extremely large and hungry snakes that derive their super strength, size and vitality from the flowers.

Sunday: 2 p.m., "Superbabies: Baby Geniuses;" 7 p.m., "Anaconda 2"

Wednesday: 7 p.m., "The Cookout"

Thursday: 7 p.m., "Vanity Fair"

AFN Sports on TV

Friday

AFN-Atlantic
PBR Bull Riding: World Finals
2, 10 p.m.

AFN-Pacific

College football: Hawaii @ Boise State, 10 p.m.

AFN-Sports

MLB: World Series game 5 or TBD sports, 3 p.m.
NBA: Preseason - Detroit Pistons @ Minnesota Timberwolves, 10 p.m.

Saturday

AFN-Atlantic
College football: teams TBD, 2 p.m., 5:30 p.m.

AFN-Pacific

College football: teams TBD, 2 p.m., 5:30 p.m.
MLB: World Series game 6 - St. Louis Cardinals @ Boston Red Sox, 9:30 p.m.

AFN-Sports

NBA: Preseason - Phoenix Suns @ Sacramento Kings, 12:30 a.m.

College football: Hawaii @ Boise State, 5 a.m.
Horse Racing: NTRA Road to the World Thoroughbred Championships - Breeders' Cup Special, 10 a.m.
College football: teams TBD, 2 p.m., 5:30 p.m.; Auburn @ Tennessee, 9:30 p.m.

Sunday

AFN-Atlantic
College football: teams TBD, 10 a.m.
NFL: teams TBD, 4 p.m., 7 p.m.
MLB: World Series game 7 - St. Louis Cardinals @ Boston Red Sox, 10:30 p.m.

AFN-Pacific

NFL: teams TBD, 4 p.m., 7 p.m.

AFN-Sports

MLB: World Series game 6 - St. Louis Cardinals @ Boston Red Sox, 10 a.m.
NASCAR Nextel Cup Series: Bass Pro Shops MBNA 500, 3:30 p.m.
NFL: teams TBD, 7:30 p.m.; San Francisco 49ers @ Chicago Bears, 11:30 a.m.

EVENTS

Advertising deadline is the Friday prior to the paper date. E-mail announcements weekly in normal text with the event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Closures/shifts

Play group change: Due to construction, the play group at 10-11 a.m. Tuesdays at the community activity center is postponed until January.

FSC closure: The family support center will close at 4 p.m. Wednesday. In case of emergency, call 96-421-3845.

Events

Support awards: The annual mission support awards ceremony is at 4 p.m. Wednesday at the Top of the Rock Club. Military should wear uniform of the day.

Fishing trip: The trip is 2 a.m.-noon Saturday. A minimum of four and a maximum of six people at least 8-years old can go for \$65 per person. For more information, call 2-4140.

Flea Market: The next flea market is 11 a.m.-1 p.m. Nov. 20 at the Lajes Youth Center, Bldg. T-240.

Family grill: Ocean View Island Grill family night is every Tuesday. Families receive a large pizza with two toppings and free drinks for \$10. For more information, call 2-3387.

Fall festival: The officers spouses club's annual Fall Festival of the Arts is Nov. 13 in Bldg. T-608. To sign up, call Karen Bolina at 295-549-218, or e-mail lajesfallfestival04@hotmail.com by Saturday.

Health council: The 65th Medical Group's next Healthcare Consumer Advisory Council is at 1 p.m. Nov. 5 at the base chapel. For more information, call Capt. Angela Thompson at 2-6768.

Murder mystery: The annual Teen Murder Mystery Night for ages 10-15 is from 6-7 p.m. Nov. 12 in the base library. Pizza and punch will be served and there's a prize for the person who figures out "who done it."

Island circle: The next Terceira Island Circle is from 6-8 p.m. Nov. 17. The theme is "Stamp a Stack for Iraq,"

and participants will create greeting cards for troops in Iraq to send to their state-side family members. To donate stamping supplies, call Elsa Summers at 2-4138.

AFE show: The Morning Star Dancers, a Native American group, perform at 6:30 p.m. Nov. 5 at the Lajes Youth Center.

Classes

Stress class: A stress management workshop is from 1-2 p.m. Nov. 5 at the family support center. For more information, call 2-3889.

Making music: Flute lessons are now offered at the community center from 9 a.m.-5 p.m. Saturdays. Thirty minute private lessons cost \$40 a month. For more information, call 2-4125.

EML brief: The next environmental and morale leave/space-available briefing is from 9:30-10:30 a.m. Nov. 5 at the family support center. For more information, call 2-4138.

Resume class: A military resume building class is Nov. 15 at the family support center. For more information or to sign up, call 2-4138.

Heartlink: The next Heartlink class is at 8:15 a.m. Nov. 23 at the family support center. The program is for people to meet and learn more about being part of the military. A free chicken Alcatraz lunch and cooking demonstration will be provided. For more information or to ask about free childcare, call 2-4138.

Education Center

OU classes: Assessment and Evaluation in HR Training, an elective course in the University of Oklahoma's Master in Human Relations degree program runs Nov. 30-Dec. 5. Last day to add/drop this course is Nov. 1. Enrollment for Spring 05 online courses runs Nov. 1-Dec. 5. For more information, call Kalina Hill at 2-3171 or e-mail aplajes@ou.edu.

ERAU on-site: Embry-

Riddle Aeronautical University is holding ASCI 320, Commuter Aviation, on-site Nov. 10-16. Registration for the Nov. 15 undergraduate distance learning classes end Saturday. For more information, call Terra Schellig at 2-3375.

Volunteers/jobs

Girl Scout volunteer: The Terceira Island Girl Scouts is looking for a volunteer secretary and publicist. For more information, call Patricia Lopez 295-549-434 or Annie Hollenbeck 295-549-522.

EDIS help: The EDIS program at the 65th Medical Group needs a volunteer to help with administrative duties. For more information, call the American Red Cross office at 2-6411.

HS help: Lajes High School is looking for a volunteer receptionist who has knowledge of office equipment to assist with greeting customers, answering phones, filing, faxing and copying for of 5 or more hours a week. Free childcare is available. For more information, call the American Red Cross office at 2-6411.

Youth support: Volunteer coaches and referees are needed for the youth football and cheerleading season. For more information, call Jolene Wilkinson at 2-1197.

NAF jobs: The following 65th Services Squadron jobs are or will be vacant soon: Central warehouse materials handler, child development center child development program assistant, human resources office training specialist, youth center school age program assistant. Apply at the human resources office between 9 a.m.-4 p.m. Mon.-Fri., in Bldg. T-112. For more information, call 2-5200

Miscellaneous

Mail supplies: The United States Postal Service is offering free care package packing materials to spouses

and families of military members deployed overseas. Call 1-800-610-8734 and press 1 for English, then 3 for an operator, and they will send boxes, packing materials and mailing labels. Tape and priority mailing boxes are also available in the post office lobby during normal hours. For more information, call 2-4251.

Flying board: An undergraduate flying training board is Feb. 8 at the Air Force Personnel Center. The board reviews applications for pilot, navigator and air battle manager candidates. Officers born after May 1, 1975 with a TFCSD after May 1, 2000 who meet all other eligibility criteria can apply for UFT. Send completed applications postmarked by Dec. 29 to Headquarters AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB, TX, 78150-4733. For more information, call formal training at 2-5143.

Classified

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday.

FREE CAR: 1988 SAAB, it doesn't run and I don't know what's wrong with it. A mechanic might know how to fix it - I don't. I paid \$1,000 for it and drove it about two weeks. It might be an easy fix - I'm just tired of looking at it! For more information, call 295-549-752.

For sale: Children's clothes, girl sizes 8-10, pants, shirts and shoes sizes 2-4; boy sizes 5-7 pants, shirts and shoes size 12-2. For more information, call 295-549-752.

FOR SALE: Sony digital camera P-31 2.0 MP w/ 128MB memory stick, rechargeable batts, charger, \$100. Digital Camcorder: JVC GR-DVL510 w/10x opt 400x digital zoom, dig. stabilizer, night shot, auto light, stereo, LCD, Firewire, remote, etc. Paid \$750, ask \$450. Call Greg Cooper in CS or 295-549-193

For sale: Last Week! Two bookshelves - \$70, sofa - \$15, small endtable - \$5, wardrobe - \$20, dresser - \$15, alarmclock/radio/phone - \$2, crib mattress - \$4, laser printer - \$25, two 110watt microwaves - \$25 ea., Make an offer! Call Dan or Danyelle at 295-513-060 or e-mail danyelle.robinson@godsfamily.com.

For sale: Looking to sell a running stroller in excellent condition w/ never used infant car seat for \$100, computer desk for \$30, 12-cup coffee pot \$15, and an entertainment center for FREE. Please contact Aaron or Sonya at 295-549-521.